



MULTIAGE

# ENERGY QUIZ



Riddles, fruity expressions, charades...  
Get ready to test your knowledge by answering questions featuring fruits and vegetables.

## REQUIRED MATERIAL

- Sports bibs to identify teams
- Active challenge posters (see the following pages)
- Question cards (see the following pages)
- 2 answer sheets (see the following pages)
- 2 pencils
- 1 stopwatch (optional)

## STEPS

### 1 Get ready

- Divide the campers into 2 teams.
- Explain the aim of the activity and place the active challenge posters where they are clearly visible.

### 2 Play the game

- Ask the campers the questions or riddles (depending on the card). After each question or statement is read, the members of each team consult each other (maximum 20 seconds). Once they agree on an answer, they write it down on their answer sheet and they all do their active challenge.

**Riddles:** Sit down, turn once on your bum and clap your hands.

**How do I grow?:** do the twist.

**Fruity expressions:** bounce like a spring.

**Yum!:** do the bridge.

**Charades:** do a balance pose.

- Count 1 point for every correct answer from each team. The winning team is the one that earns the most points.

### 3 Encourage the campers to share their thoughts

Don't forget to ask your campers for feedback on the activity. Adapt your questions to their age:

- What did you learn?
- Do you know any other riddles with fruits and vegetables?
- Can you tell me which answer to a riddle surprised you the most?
- Which riddle do you want to share with your friends or family?

## POSSIBLE VARIATIONS

- Choose the riddles or charades according to the level of difficulty adapted to your group. Don't hesitate to come up with new ones with the campers.
- The active challenges can be adapted to the group.

ENERGY QUIZ  
ACTIVE  
CHALLENGE

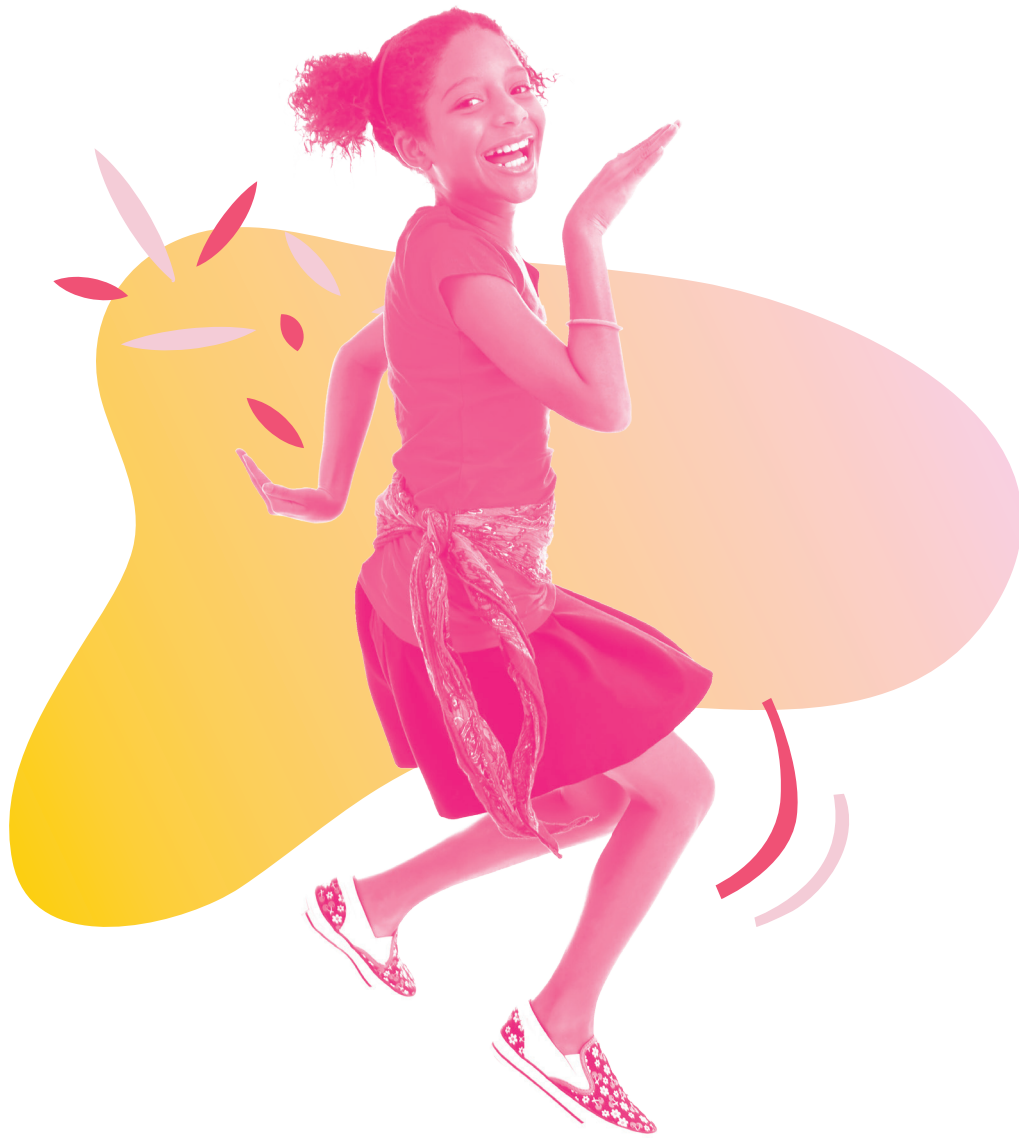
# WHO AM I?



Sit down, turn once on your bum  
and clap your hands.

ENERGY QUIZ  
ACTIVE  
CHALLENGE

# HOW DO I GROW?



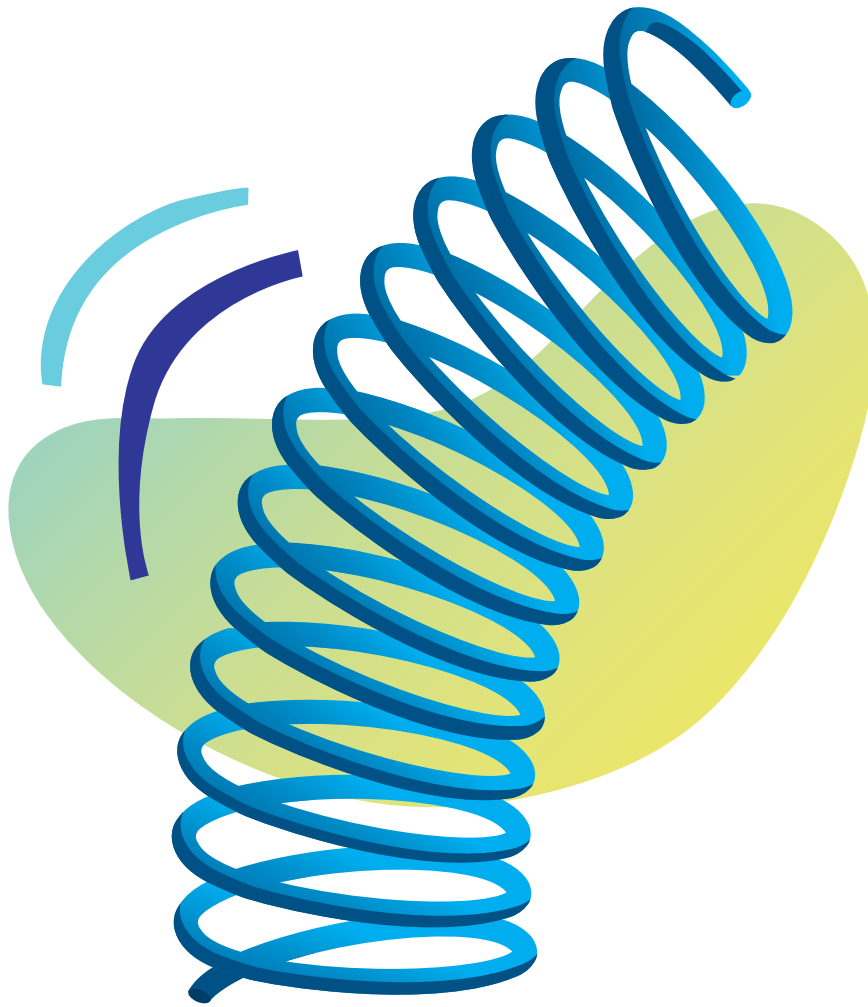
Do the twist.

Health **SUMMER**  
Challenge **CAMP**



ENERGY QUIZ  
ACTIVE  
CHALLENGE

# FRUITY EXPRESSIONS



**Bounce like a spring: sit on the floor  
and get up by jumping very high.**

ENERGY QUIZ  
ACTIVE  
CHALLENGE

YUM!



Do the bridge.

Health Challenge SUMMER CAMP



ENERGY QUIZ  
ACTIVE  
CHALLENGE

# CHARADES



Do a balance pose.

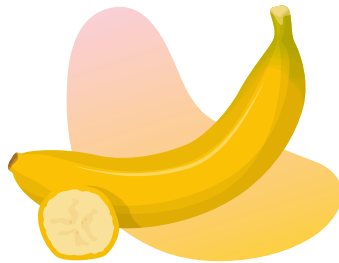
ENERGY QUIZ



WHO AM I?

When I'm green, I'm not ripe.  
When I'm black, I'm too ripe.  
Yellow is when I'm best.

Answer: Banana



HEALTHCHALLENGE.CA

ENERGY QUIZ



WHO AM I?

I am a bright red fruit and  
I look a little like a heart.  
My pits are on the outside.

Answer: Strawberry



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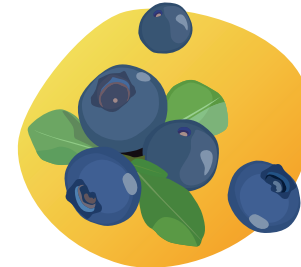
ENERGY QUIZ



WHO AM I?

I look like a grape.  
I grow in fields or in the forest.  
I am small and blue.

Answer: Blueberry



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ENERGY QUIZ



WHO AM I?

I am round.  
I am red, pink or yellow.  
I am delicious in a sandwich.

Answer: Tomato



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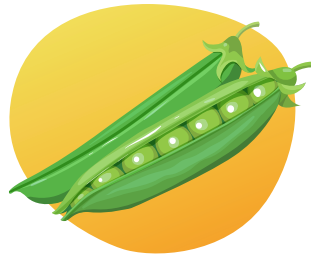
ENERGY QUIZ



WHO AM I?

I am a very small round vegetable.  
I am green and I grow in a pod.

Answer: Pea



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ENERGY QUIZ



WHO AM I?

I am white or brown.  
I have a cap and a stem.  
I look like a Smurf's house

Answer: Mushroom



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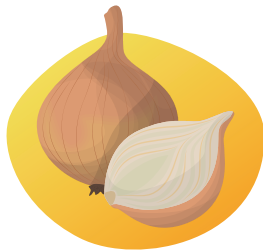
ENERGY QUIZ



WHO AM I?

I am a vegetable that grows in the ground.  
I have layers and I make you cry when you cut me.

Answer: Onion



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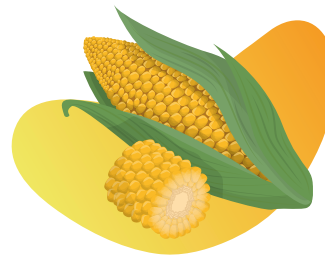
ENERGY QUIZ



WHO AM I?

My ears have silk.  
I grow in fields and you eat me cooked in the fall.

Answer: Corn



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ENERGY QUIZ



WHO AM I?

I am Popeye's favorite food.  
I am a green vegetable that you can eat in a salad.

Answer: Spinach



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ENERGY QUIZ



FRUITY EXPRESSION

Means "I'm feeling great":

I'm just \_\_\_\_\_

Answer: Peach (peachy)



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ENERGY QUIZ

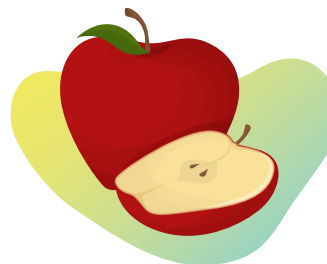


FRUITY EXPRESSION

Means "You're very special to me":

You're the \_\_\_\_\_ of my eye

Answer: Apple



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ENERGY QUIZ

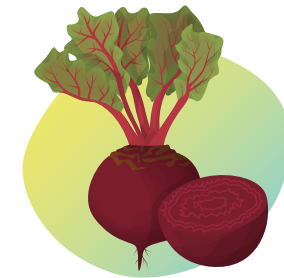


FRUITY EXPRESSION

Means "To be embarrassed":

To be \_\_\_\_\_ red

Answer: Beet



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ENERGY QUIZ

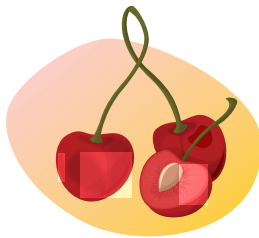


FRUITY EXPRESSION

Means  
"To select carefully":

To \_\_\_\_\_ -pick

Answer: Cherry



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ENERGY QUIZ



FRUITY EXPRESSION

Means  
"Going crazy":

Going \_\_\_\_\_

Answer: Bananas



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ENERGY QUIZ

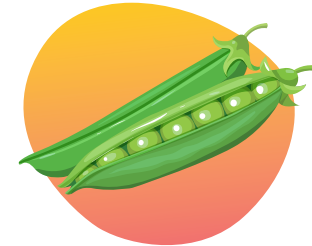


FRUITY EXPRESSION

Means  
"They are very alike":

They are like two \_\_\_\_\_ in a pod

Answer: Peas



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ENERGY QUIZ

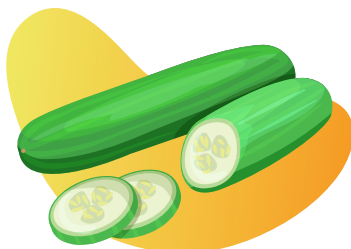


FRUITY EXPRESSION

Means  
"To be very calm and in control":

To be as cool as a \_\_\_\_\_

Answer: Cucumber



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ENERGY QUIZ

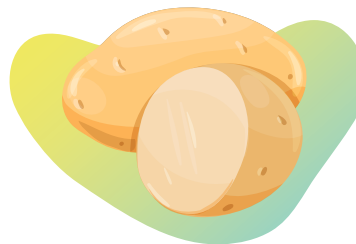


FRUITY EXPRESSION

Refers to someone who spends too much  
time watching television or playing video  
games :

A couch \_\_\_\_\_

Answer: Potato



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ENERGY QUIZ

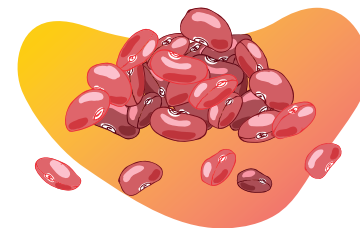


FRUITY EXPRESSION

Means  
"To reveal a secret or talk  
about something private":

To spill the \_\_\_\_\_

Answer: Beans



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ENERGY QUIZ



HOW DO I GROW?

I am a carrot. I grow...

- a) in a tree
- b) on the ground
- c) in the ground

Answer: In the ground



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ENERGY QUIZ



HOW DO I GROW?

I am a cabbage. I grow...

- a) in a tree
- b) on the ground
- c) in the ground

Answer: On the ground



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ENERGY QUIZ



HOW DO I GROW?

I am asparagus. I grow...

- a) in a tree
- b) on the ground
- c) in the ground

Answer: On the ground



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ENERGY QUIZ



HOW DO I GROW?

I am celery. I grow...

- a) in a tree
- b) on the ground
- c) in the ground

Answer: On the ground



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ENERGY QUIZ



HOW DO I GROW?

I am a beet. I grow...

- a) in a tree
- b) on the ground
- c) in the ground

Answer: In the ground



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ENERGY QUIZ



HOW DO I GROW?

I am a pineapple. I grow...

- a) in a tree
- b) on the ground
- c) in the ground

Answer: On the ground



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ENERGY QUIZ



HOW DO I GROW?

I am a plum. I grow...

- a) in a tree
- b) on the ground
- c) in the ground

Answer: In a tree



ENERGY QUIZ



HOW DO I GROW?

I am rhubarb. I grow...

- a) in a tree
- b) on the ground
- c) in the ground

Answer: On the ground



ENERGY QUIZ



HOW DO I GROW?

I am a melon. I grow...

- a) in a tree
- b) on the ground
- c) in the ground

Answer: On the ground



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HEALTHCHALLENGE.CA

HEALTHCHALLENGE.CA

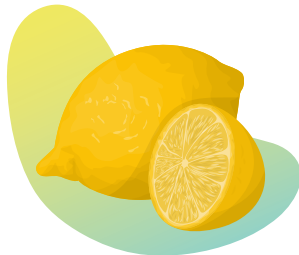
ENERGY QUIZ



YUM!

Which fruit's juice keeps cut fruit from turning brown?

Answer: Lemon



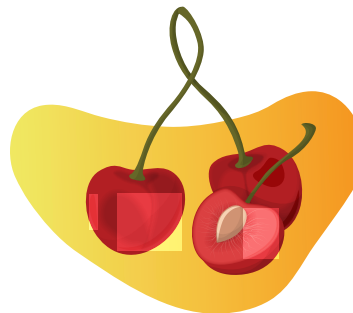
ENERGY QUIZ



YUM!

Which fruit do we usually top a sundae with?

Answer: Cherry



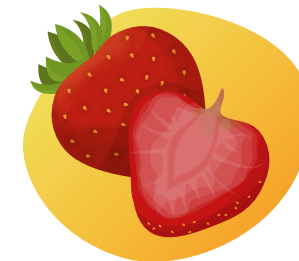
ENERGY QUIZ



YUM!

With which fruit do we usually make a shortcake?

Answer: Strawberries



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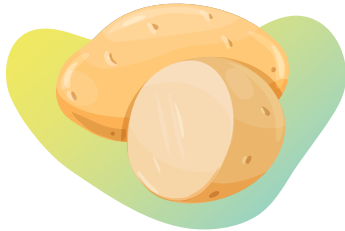
ENERGY QUIZ



YUM!

Which vegetable can we cook  
“in a jacket”, meaning in its skin?

Answer: Potato



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ENERGY QUIZ



YUM!

What is the main vegetable  
in a moussaka?

Answer: Eggplant



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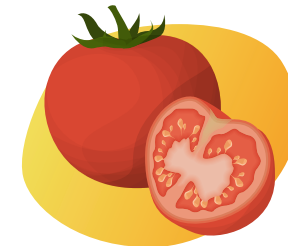
ENERGY QUIZ



YUM!

Which fruit or vegetable  
do we make ketchup with?

Answer: Tomato



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ENERGY QUIZ



YUM!

Which vegetable is  
sauerkraut made with?

Answer: Cabbage



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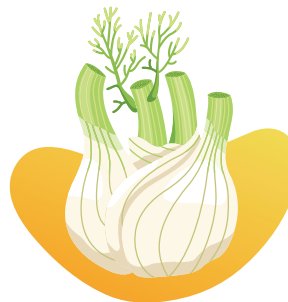
ENERGY QUIZ



YUM!

Which vegetable tastes  
like black licorice?

Answer: Fennel



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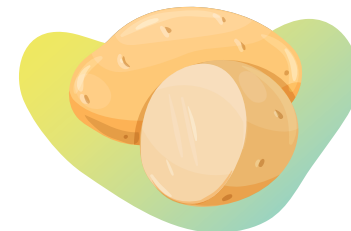
ENERGY QUIZ



YUM!

Which vegetable  
is in dauphinoise gratin?

Answer: Potato



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**ENERGY QUIZ  
ACTIVE  
CHALLENGE**

# ANSWER SHEET

1.	2.
3.	4.
5.	6.
7.	8.
9.	10.
11.	12.
13.	14.
15.	16.
17.	18.
19.	20.
21.	22.
23.	24.
25.	26.
27.	28.
29.	30.
31.	32.
33.	34.
35.	36.
37.	38.
39.	40.
41.	42.